



# hands in motion

AMERICAN MASSAGE THERAPY ASSOCIATION UTAH CHAPTER

## president's message



Who would have thought that this is where I would be right now at this moment. The funny thing is my background is accounting. "How did I end up as a massage therapist", you say? I think the universe definitely has a plan for us and this is my plan. I was getting bored and frustrated with my job and happened to be surfing the web. I really don't know what made me fill out

my contact information for a massage school, but I did. The next thing I knew I was getting call after call to come visit the school. I finally relinquished and went on a Friday after work. The lady I talked to was very nice and close to my age, so I figured what the heck, if I could get financial aid then I would go to school. I started the next Monday. Everything has fallen into place since the moment I said, "I guess I'm going to school". I am so thrilled about this wondrous opportunity you, the members, have given me. I am obviously excited to start this new journey serving you. Even more excited to have 4 classes this year instead of 2, YAY! You will not only get to learn more about Cold Stone for migraines, Marketing, Pregnancy Side lying and Sports Massage in St. George, but you will get to network with other massage therapists. Take advantage of the great classes offered and I would LOVE to meet you.

Wayne Dyer said, "There is one grand lie---that we are limited. The only limits we have are the limits we believe".

*Robyn Ryther*

## election results

At the annual meeting of the AMTA Utah Chapter held February 7, 2014, elections were held and the following positions were filled.

President	Robyn Ryther	2 year term
2nd Vice President	Ivan Thompson	2 year term
3rd Vice President	Brenda Swadley	1 year term
Treasurer	Heber Blackner (Elected by Board 2/20/14 to fill vacancy)	1 year term
Secretary	Kirk Jorgensen	2 year term
Delegate 2014-2015	Brenda Swadley	2 year term
Alternate Delegate 2014	Susan DeLegge	1 year term
Meritorious Member Award	Carolyn Redington	

Stephanie Jackson received the President's Award from outgoing President Roger Olbrot.

Congratulations to all candidates and thanks to the voting membership for your support. Looking forward to a good year and working with a great Board of Directors.

Carolyn Redington  
Commission on Candidacy

## mission statement

**The mission of the Utah Chapter of the American Massage Therapy Association is to advance the art and science of massage therapy as a visible means of treatment and preventative practice; and to foster the professional practice of massage therapy in a virtuous, prudent, and proficient manner so as to maintain the good health and well-being of the citizens of Utah**

Roger Olbrot out going president addresses convention attendees



## and the masses rejoiced

Our Chapter Convention and Annual Meeting was a huge success! Held in Provo, Utah at the Marriott Hotel and Convention Center, where our location was easily found (YAY!) classrooms were convenient and close to each other (YAY!) and offered a plethora of eating establishments a mere walking distance from the hotel (SUPER YAY!)

Upper Extremity was taught by Jonathon Bennion of Institute of Human Anatomy and Ivan Lach, LMT and The Myokinesthetic System was taught by Michael Uriarte, D.C.

Members who attended were extremely happy with their presenters and techniques learned over our two day convention. Feedback on the classes was extremely high on the positive side, with responses such as "Glad to have such a fun instructor, wonderful fast two days. So much to learn. Looking forward to more," and "Enjoyed both days tremendously, very good to have cadaver and

massage technique of same body area next day."

Our Annual Meeting was held earlier than normal. We had a few glitches in the timing (sorry hungry tummies and people with time-limits). We always do our best to keep the meeting to as short a time and on track as possible. It was a big night with lots of information and many changes in our Chapter's organization.

THANK YOU to all our members who were able attend Convention and Annual Meeting. We love the chance to connect with each other and we appreciate the support and friendships obtained at these meetings. And to those we did not see, we missed you! Please look for future educational offerings and Convention 2015 information on our website and in our newsletters and e-mails. We want to see you! You are the success of our chapter!

Gerri Allen —Convention Chair



Gerri Allen, Convention Chair receives award for last year's convention



Newly elected positions (l to r): Carolyn Redington, Meritorious Chapter Member recipient; Susan DeLegge – Alternate delegate 2014; Stephanie Jackson – President's Award and Delegate 2014; Kirk Jorgensen – Secretary; Brenda Swadley - 3rd Vice President and Delegate 2014 – 2015; Ivan Thompson – 2nd Vice President; Jennifer Hanna – 1st Vice President; Robyn Ryther – President



Roger Olbrot presents Stephanie Jackson with the President's Award.





# government relations

by Kirk Jorgensen

By the time this newsletter reaches you the legislature will be wrapping up its 2014 session. Unless something radical happens between the writing of this article and when you're reading it, there were three bills with impact upon the Massage Therapy Practice Act. None of which should negatively impact your practice or your business.

First, Senate Bill 27 (SB 27), the Reinstatement of the Massage Therapy Practice Act, reauthorizes the licensure of Massage Therapy for another 10 years. It's standard practice to "sunset" licensing laws automatically every ten years to make sure archaic laws don't stick around in the Utah statutes and codes. AMTA-Utah Chapter worked with the legislature over the course of the interim (last autumn) to make sure our licensing act didn't expire as it would have without our input.

Second, House Bill 207 (HB 207), Massage Therapy Practice Act Amendments, which originally would have given blanket exemption from licensure to Foot Zone Therapists and Reflexologists. Our chapter provided input with Representative Brian Greene, the bill's sponsor, and along with other concerned therapists testimony at the House Business and Labor Committee, we were able to put sufficient restrictions upon the exemption to secure the public safety and avoid any confusion among regulators about what is and what is not massage and proper Foot Zoning/Reflexology practice.

Third, House Bill 324 (HB 324), Ortho-Bionomy® Exemption Amendments, seeks to give legitimate practitioners of Ortho-Bionomy® and exemption from Massage Therapy licensure. With a number of factors considered, including that the AMTA National

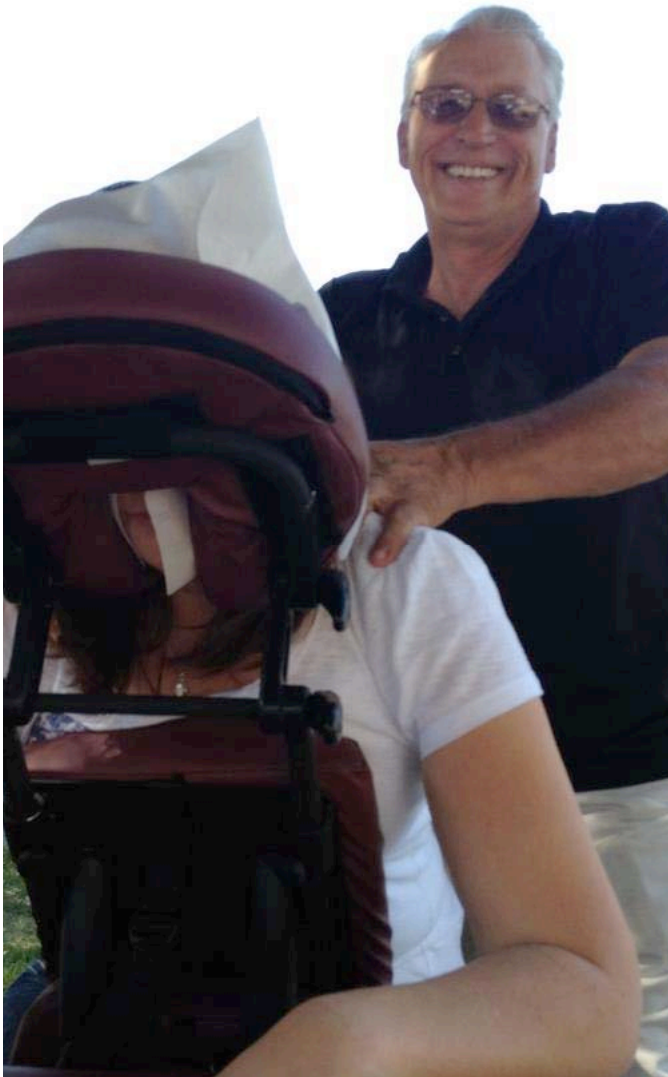
model legislative language allows for an exemption for Ortho-Bionomy® our chapter board decided to not oppose this bill if sufficient language were included that limited the scope of practice to Ortho-Bionomy® and the practitioner be certified as a "Practitioner", "Advanced Practitioner" or "Instructor" all of which require 500+ hours of training and 16 hours every two years of continuing education. Further, the chapter seeks Utah State Massage Board approval of certification programs for both Ortho-Bionomy® and Foot-Zone/Reflexology practitioners. Additionally, the chapter sees it necessary for any certification program for these exempted practices to include ethics training.

Our chapter's Government Relations Committee is continuing efforts with state and local governments to protect the practice of massage therapy. Coming up this spring and summer is an issue with Salt Lake County government. We will be watching this and working to keep you informed. We may be able to influence a satisfactory outcome with some educational outreach efforts with the county. If not, we may call upon your support.

As I said at the beginning of this article, as of this writing the legislature is still in session and all three bills detailed above are not settled. We'll let you know what happens, but more importantly, if we need to take action before the end of the session we will be calling you or emailing you with more information and to suggest that you call and write your representative and senators. So stay tuned and if you have questions or suggestions please feel free to call or email me, Kirk Jorgensen, LMT, Government Relations Chair, AMTA-UT Chapter. 801-560-7370 [kirk\\_jorgensen@yahoo.com](mailto:kirk_jorgensen@yahoo.com)

# faces

by Stephanie Jackson



## Jim Riley

**Where he practices:** Salt Lake City

**Causes:** Anything dealing with education, managing our wild lands and wildlife resources.

**Favorite healthy snack:** fruit

**Favorite unhealthy snack:** Potato chips and English Toffee

**Surprising fact:** He worked in the telephone business over 30 years before becoming an LMT

**Unsurprising fact:** He loves to laugh

**Family:** Married with two boys in college

**Guilty pleasure:** the History Channel

**Massage interests:** therapeutic modalities regarding sports, injury and pain management. "I'm a CE junkie."

**Why he enjoyed Utah Chapter Convention 2014:** "The classes I attended were fabulous."

One of the great things about attending our state convention is getting to know other massage therapists practicing nearby. It's fun to hear about their lives, how massage therapy has changed them, and how they are changing the world, client by client. I know I always leave feeling more empowered in my own "why story," my own reasons for doing what I do. Here are a couple people I rubbed shoulders with at convention this year. I hope you enjoy getting to know them as much as I did.

SJ: When did you know that you wanted to become a massage therapist; what obstacles stood in your way, if any, and how has being a massage therapist improved your life?

JR: I was around 50 years old when my back gave out while belted in high up on a telephone pole and being swarmed by a large nest of hornets. After several weeks of PT and pain killers, I was informed from doctors that "surgery would not help and that they would prescribe whatever I needed to be comfortable". They told me I needed to find a new job.

Not happy with the answers I was getting, I started my journey (although somewhat reluctantly) toward a more homeopathic

approach to my problem. I started Chiropractic which offered a 50 minute massage with each treatment. After my fourth visit I started to wonder if (a later in life) entrance into the massage profession would be right for me.

I was accepted into the massage school at Broadview University where my eyes were opened to a wonderful world where you could assist other folks in reducing stress [and] reducing, managing and sometimes eliminating pain. Like branches of a tree, [there are] endless possibilities, modalities and opportunities to help others through massage. It's now a passion and the journey just gets better for me every day.

"It's now a passion and the journey just gets better for me every day."

— Jim Riley





## utah chapter AMTA meritorious member award

**T**his award is presented annually to a chapter member who goes above and beyond the normal expectations of their assigned position or consistently serves the membership with service and dedication. Recipient of this years award is Carolyn Redington. Carolyn has been a member of AMTA for twenty years and an active member of the chapter for eighteen.

Carolyn began her service appointed as Treasurer in 1996 and served in this position for 6 years. Since then she as served in elected positions as 1st Vice President and delegate, also accepted volunteer positions including newsletter editor, education committee, awards chair, membership chair, and commission on candidacy. Although planning to retire this April, she will be around to continue as membership chair and administrative assistant.

She will receive her award at National Convention in Denver, Colorado, September 17-20, 2014.

Quoting from Carolyn, "the best part of the AMTA membership all these years has been meeting wonderful therapists, making lifelong friendships, mentoring from seasoned therapists and mentoring new members. It has been a great ride, thank you."

## call to national

This year, the AMTA National conference is in Denver, CO, , September 17- 20, 2014. With it being so close, I think it is time for our chapter to show up. I am heading up a group of AMTA-UT members to go to Denver. I am securing some hotel rooms for a group. I think we can make a fun trip of it by renting a van or flying over to Denver and going from there. Join me in the festivities. If you have any interest, please email me [rmolbrot@usa.net](mailto:rmolbrot@usa.net) with your intent.

Roger Olbrot  
Immediate Past President

## hey, sports team

Therapists interested in volunteering at sporting events, please send an email to  
[Jennifer Hanna jpzenergy@yahoo.com](mailto:Jennifer.Hanna.jpzenergy@yahoo.com).  
Please include your name, email address and phone number.  
The first event is the Buffalo Run on March 22.

## utah county lunch bunch

The Utah County Bodywork Connections Group will be hosting a lunch to discuss business practices at Lehi Thanksgiving Point Firehouse Subs located at 2975 W Clubhouse Drive, Suite A on Saturday, May 3, 2014, at 11:30 a.m. All Utah County massage therapists are welcome as well as any massage therapists interested in starting a networking group of massage therapists in their area. Please RSVP to Brenda Swadley at (801) 763-9417 by May 1st if you plan to attend.

## need a little longer time to pay your membership dues? Read on.

At our Annual Business meeting this past month it came up that several members did not know that you can pay your annual dues in three monthly installments rather than a single payment. For many of us, coming up with the \$230 for our annual dues may be burdensome. To take advantage of the installment plan, just call national (877-905-2700) and when the customer service representative answers inform them that you would like to pay in three monthly payments. It is as simple as that.

# welcome new members

**On behalf of the Board of Directors**, welcome to the Utah Chapter of the AMTA. Feel free to contact any Board Member if you have any questions or concerns regarding your membership.

In your welcome packet, you will find helpful information regarding your membership and the Chapter. Use your gift certificate toward any upcoming education class.

Happy to have you aboard.

Carolyn Redington, Membership Chair.  
801-661-7602. bodybasics2@msn.com

## November 2013

Krissi Anderson  
Lisa Carter  
James Cates  
Kristi Couse  
Shelly Dobson  
Shasta Fisher  
Dannielle Garrett  
Shelby Hale  
Katie Marmolejo  
Christina Muccio  
Shanai Olson  
Lynette Rogers  
Christine Stewart  
Ashley Ward  
Nathan Wardle

## December 2013

Shane Butler  
Brooke Edde  
Michael Frost  
Bonnie Gordon  
Linda Hurst  
Heidi Johnson  
Taylor Munford  
Lindsey Smith  
Jennifer  
Wojueatowski  
Marley Wright

## January 2014

Wendell Allen  
Maddison Allen  
Stephanie Anderson  
Chauntay Baker  
Corianna Barneck  
Colby Beal  
Kierstin Bowsher  
Kylee Briscoe  
Ignacia Carpenter  
Amy Carter  
Torie Carcuccl  
Ryan Casey  
Maria Castt  
Brittany Cates  
Marnett Chewek  
Melissa Chinchilla  
Allison Clark  
Regina Crofts  
Amanda Cronin  
Donna Dinsdale  
Cindy Durborow  
Ana Garcia  
Jamie Gomm  
Heather Hansgen  
Elizabeth Heber  
RA Houser  
Joseph Ihnen  
Aaron Jakositz

Jacob Jessop  
Daniel Jones  
Carly Jones  
Jason Larsen  
Lacey Layton  
Ines Lopez  
Michael Matthews  
Todd Molis  
Steffan Moller  
Jeannette Moss  
Rebecca Mouna  
Angela Nusbaum  
Alfredo Pagan  
Tia Parker  
Toni Perienzo  
Evelyn Peterson  
Lindsey Rockwood  
Gerardo Salas  
Victoria Sanchez  
Monica Sanders  
Ranelle Shaver  
Tessa Stephens  
Breanna Swenson  
Jeffrey Sziosek  
Heather Thill  
Sasha Tuifagu  
Wendy Visser  
Amanda Wardell  
Antonio Watts  
Leslie Zaragoza

## american massage therapy association utah chapter **leadership roster**

February, 2014

### board of directors

#### President

801-209-4103

#### Imm. Past President

801-916-8752

#### 1st Vice President

801-573-7382

#### 2nd Vice President

801-589-7291

#### 3rd Vice President

801-879-0070

#### Treasurer

801-623-9914

#### Secretary

801-560-7370

#### Robyn Ryther

rryther@comcast.net

#### Roger Olbrot

rmolbrot@usa.net

#### Jennifer Hanna

jpzenenergy@yahoo.com

#### Ivan Thompson

amtincijt@yahoo.com

#### Brenda Swadley

master\_touch\_message@hotmail.com

#### Heber Blackner

hblackn@comcast.net

#### Kirk Jorgensen

kirk\_jorgensen@yahoo.com

### elected delegates

#### 2013-2014

801-566-1422

#### 2014-2015

801-879-0070

#### Alternate 2014

801-485-7887

#### Stephanie Jackson

stephjackson@hushmail.com

#### Brenda Swadley

master\_touch\_message@hotmail.com

#### Susan DeLegge

suz7782@gmail.com

### 2014 chapter meritorious award winner

#### Carolyn Redington

### appointed positions

#### Awards Chair

801-879-0070

#### Commission on Candidacy

#### Convention Chair

801-703-3334

#### Education Chair

000-000-0000

#### Finance Chair

801-879-0070

#### Gov't Relations Chair

801-560-7370

#### Member At Large

801-589-7291

#### Membership Chair

801-661-7602

#### Newsletter Editor

801-661-7602

#### Office Assistant

801-661-7602

#### Parliamentarian

801-589-7291

#### Sports Massage Team

801-573-7382

#### Standing Rules Chair

801-485-7887

#### Student Outreach Coord.

801-870-8229

#### Website Coordinator

801-560-7370

#### Brenda Swadley

master\_touch\_message@hotmail.com

#### Determined Prior To Elections

#### Gerri Allen

wahoo437@yahoo.com

#### Vacant

email@host.net

#### Brenda Swadley

master\_touch\_message@hotmail.com

#### Kirk Jorgensen

kirk\_jorgensen@yahoo.com

#### Ivan Thompson

amtincijt@yahoo.com

#### Carolyn Redington

bodybasics2@msn.com

#### Carolyn Redington

bodybasics2@msn.com

#### Carolyn Redington

bodybasics2@msn.com

#### Ivan Thompson

amtincijt@yahoo.com

#### Jennifer Hanna

jpzenenergy@yahoo.com

#### Susan DeLegge

s.delegge@comcast.net

#### Lisa Moen

bodyworkersetc@comcast.net

#### Kirk Jorgensen

kirk\_jorgensen@yahoo.com